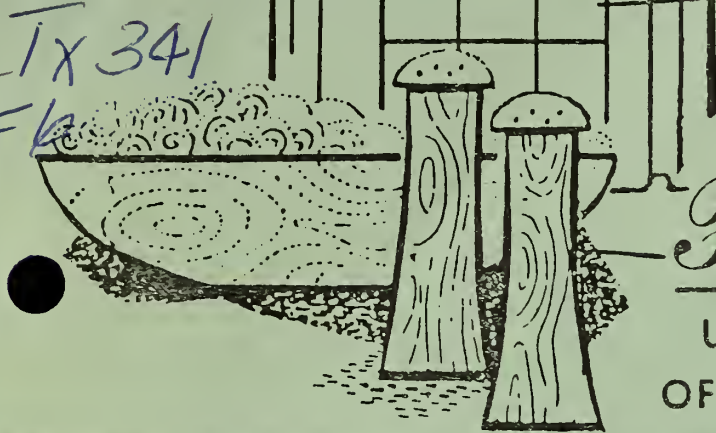


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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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THE METRIC SYSTEM

— AND WHERE WE ARE

Foreign Agriculture Service has become the first U.S. Department of Agriculture agency to go "fully metric" in all of its publications -- the switchover was made July 1, 1976. At the same time, the Department's Economic Research Service will adopt the metric system in its publication, "Foreign Agricultural Trade of the United States", beginning with the October 1, 1976 issue.

Other USDA agencies are preparing to shift to metric measurement as soon as possible. Initially, a dual system will be used involving both English and metric units. For the time being however, House and Garden Bulletin with USDA recipes will continue to use only the more familiar English system of weights and measures.

Did you know that the metric system has been a controversial issue in this country since the 1700's? Congress made the metric system legal in the United States 110 years ago...but did not implement it. In fact, until 1975 the United States was the only major country in the world that had not adopted the metric system. That changed on December 23, 1975 when the President signed into law congressional legislation authorizing national conversion to the metric system throughout the world. Only 4 small, non-industrialized countries have not initiated the change.

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(June 1976)
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IT HAPPENED IN WEST VIRGINIA

— SPACE TO GROW "YOUR OWN"

People living in cities and towns don't always have land to test the statement by farmer-statesman Thomas Jefferson that "no occupation is so delightful...as the culture of the earth".



In Cabell County, West Virginia, however, the County Extension Office and Huntington Board of Park Commissioners joined forces to provide their 75,000 residents with an opportunity for "growing room". Free garden plots, -- 350 of them -- were made available to residents...first come first served. Each plot was 15 X 30 feet. The Board of Commissioners provided the land, and the Extension people had the technical "know-how", and the residents of the town had the people-power and the desire to grow things.

Soil tests were made, and money from a \$5 service fee for each plot covered the cost of plowing, discing, fertilizer, lime, plotting, and a cover crop of rye planted after the growing season. There was no vandalism, no thievery, and no serious problems. Twenty plots were designated as organic gardens, where the more natural-minded could grow their crops according to their own designs

DID YOU KNOW?

AGRICULTURE IS...

Agriculture is the Nation's biggest industry. Its assets totaling \$531 billion, amount to about three-fifths of the capital assets of all manufacturing corporations in the United States.

It is also the Nation's largest employer. Between 14 and 17 million people work in some phase of agriculture -- from growing food and fiber to selling it at the supermarket.

COST OF FOOD AT HOME FOR A WEEK (JUNE 1976)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$22.30	\$29.30	\$36.70	\$44.20
Elderly couple.....	19.90	25.80	32.10	38.60
Family of 4 with preschool children.....	31.60	41.10	51.30	61.70
Family of 4 with elementary school children.....	38.30	49.70	62.40	75.10
INDIVIDUALS*				
Women				
20-54 years.....	9.10	11.90	14.80	17.70
55 years and over.....	8.20	10.60	13.10	15.70
Men				
20-54 years.....	11.20	14.70	18.60	22.50
55 years and over.....	9.90	12.90	16.10	19.40
Children				
1-2 years.....	5.10	6.60	8.10	9.70
3-5 years.....	6.20	7.90	9.80	11.80
6-8 years.....	8.00	10.30	12.90	15.50
9-11 years.....	10.00	12.80	16.10	19.40
Girls 12-19 years.....	9.50	12.20	15.10	18.10
Boys 12-14 years.....	10.70	13.70	17.10	20.60
15-19 years.....	11.70	15.10	19.00	22.90

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of papers describing USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Maryland 20782.



Is there any problem of stacking raw hamburgers on the same platter as the cooked ones?

Yes — there could be...according to U.S. Department of Agriculture nutritionists. You must be careful not to spread germs from raw meat to cooked meat. Separate them — do not expose one to the other.

Can meat and poultry sandwiches be frozen?

Almost any meat, poultry, fish, or cheese sandwich freezes well. But — avoid using mayonnaise or salad dressing and very moist fillings that will soak into the bread.

Should frozen meats be thawed before cooking?

Frozen meat need not be thawed before cooking, but it requires extra cooking time. The extra time needed depends on the size, shape, and thickness of the meat, and on the cooking temperature.

How long can cold cuts be safely stored in the refrigerator?

Unopened vacuum-sealed packages may be kept for two weeks. Once opened, wrap well and use within 3 to 5 days.

Should you allow a roast to cool completely for easier slicing?

Allow your roast to stand for 15 to 20 minutes after removing from oven for easier carving.

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